

*What's an
Ingot
anyway?*



1990





the 1990s, the number of people in the world who are undernourished has increased from 600 million to 800 million. The number of people who are malnourished has increased from 1.2 billion to 1.5 billion. The number of people who are obese has increased from 100 million to 300 million.

The World Bank has estimated that the cost of malnutrition to the world economy is \$100 billion per year. The cost of obesity to the world economy is \$100 billion per year. The cost of undernutrition to the world economy is \$100 billion per year.

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WHAT IS AN INGOT??



Indiana and Huber
Hobart, IN. 46342
(219) 962-7551



R
F

From left to right: Stacy Bogden, Susie Griffin, and Danielle Alvey, three of the clarinets in the band, chat with an ewok while visiting the MGM Studio in Orlando, Florida, with the River Forest High school band.

Awesome Ingots At R. F.

The 1989-90 school year started out much the same as any other year. Kids returned from summer vacation with the same mixed emotions they have experienced for the past several years. The same anticipation, the same sadness at summer's end. But, as we all know, things went back to normal.

As the year went on, Freshmen started to relax. The Sophomores felt they were accepted more this year now that they were no longer "Freshmen". The Juniors started to do more things together like winning the first float competition of the year. As for the Seniors, they pretty much stayed the same.

In the middle of the third grading period, the River Forest high school band, field commanders, the flag girls, and band directors went to Florida to perform in Disney World. There were also thirteen chaperons that went to make sure the kids did nothing they weren't supposed to.

Many things were rewarding this year to the people at R. F. To find out what some of those things were, we asked this question: what was most rewarding thing this year to you? Mr. Tippet replied "watching our Golden Ingots play and perform in Florida". Miss Connelly said, "seeing the tremendous response of the student body to the Christmas spirit link contest".

This year in the junior high things were also different. For example the separation from the high school, and having operation snowflake as an all-day activity.

As it turned out, this year was not your ordinary year. Things went better than the years before, and the classes of the 1989-90 school year will leave for summer vacation knowing what an INGOT really is! ! !

KERRY MEFFORD AND KRIS PIESYK TWO OF THE WELL KNOWN SENIORS HERE AT RIVER FOREST. AS THEY SHOW THEIR FRIENDSHIP THAT THEY'VE SHARED SINCE SEVENTH GRADE.



SENIOR KIER COLON AND SOPHOMORE JENNIFER HENSON TOOK TIME OUT FROM THE TURNABOUT TO TAKE A PHOTO OF THEMSELVES CHEEK TO CHEEK AND HAND TO HAND.



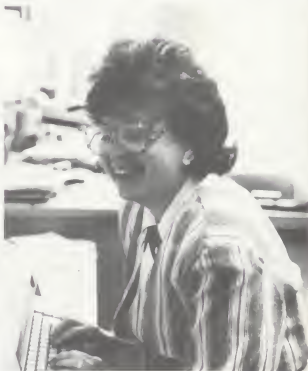
1990 Graduating Ingots savor their last moments together. It is a sad but joyful moment for all of them.

What is an Ingot anyway? What does it mean to you? If you were asked these questions, what would your response be? Would you just say that it's a piece of metal? Or, does it mean more than that? Many people might just say that it's just the students or faculty that are a part of the River Forest Junior/Senior High School. But what about these people? To be a true Ingot you've got to have spirit. School spirit — as in school activities such as athletics, academic clubs, special organizations, or even certain classes. Do you have school spirit? Are you a part of these things? Are YOU A true Ingot? If not, you should be. But, speaking in technical terms, who would really want to be a "mass of metal???" That is why there is a double meaning to the word. One meaning was about things like spirit and so on, (like explained above) And of course the other is the detailed down-to-the-point definition. The new meaning starts off by breaking down the word INGOT into more descriptive words like MASS of REFINED METAL.



Ingots stand eagerly to run their final race. Spring Fling is an event that really shows spirit.

Lady Ingot Mrs. Grusak seems to enjoy her job.





Ingot leader Mr. Tippett roars up the crowd. Sometimes he loves to YELL!



Ingots even have fun exploring the wonderful world of biology. Sometimes it's just not as fun as other times.

Coach Muha gives a word of advice to his Lady Ingots. Even though the scores are low, Coach Muha always has a positive reply.



Glenn Gulley and Brian Williamson sitting in a place they know quite well.

Student-Life In School!!!

When starting a day at school, no one is really happy to be there. But as the day moves on, students seem to get more excited about being there.

During classes, not only do the students learn about history, numbers, foods, cultures, art, and foreign languages, there always seems to be one class each day a student enjoys to go to. Maybe the teacher is funny, but remember, that's a maybe. Classes aren't all that bad once you think about. Your education is most important to your future. Now a days the grades you get affect you from getting your drivers license to what kind of job you would be hired for.

The students here at River Forest enjoy many more activities going on during school. Take lunch for instance. There probably isn't a student in our school who doesn't like lunch. Most of the students hang out in the gym, play basketball, sit in the hallways, eat lunch, or just stand around and talk to friends. The gym is most popular during lunch.

As all these activities are going on, many changes have taken place.

This year a girls tennis team was added to the sports program. Now, we can start trying, with a little hard work, to get new sports added to the program.

Not only has sports been a big change here at River Forest, the students have changed also. There are so many new styles of clothing, hair styles, dances, and music that help make up the class body. These changes are a big part of the students changing but there are other important changes that change the students here at school. The classes also help them change. The classes a student takes and the teachers teaching the classes help the students prepare for the future. The teachers provide information to the students to help them learn a great deal before graduation.

The school has gone through many changes itself. The gym windows have been taken out and replaced by bricks. Now with this change, the gym seems a lot darker. Three rooms have also been remodeled. The remodeling of these rooms was done so that other and new classes could be added to the class choice sheet.

Really, that's all the changes that have taken place, but I'm sure many more will appear within time.





Kris Balmokovich struts his stuff shooting a three pointer. the question is, does he make it?

WHERE DO YOU GO WHEN YOU SKIP SCHOOL AND CLASSES????????????

SKIP WHILE IN SCHOOL

SKIP WHILE OUT OF SCHOOL

VISIT FRIENDS
IN CLASSROOMS

ANYWHERE MR. TIPPETT
WOULDN'T BE

RESTROOMS

BOYFRIEND'S/GIRLFRIEND'S

WALK AROUND

FRIEND'S HOUSE

HALLWAYS

MOVIES

MAIN OFFICE

BOWLING

LIBRARY

CHICAGO

RAID J. H VENDING
MACHINE

MALL

TALK ON PHONE

RIDE AROUND

RICHIE'S

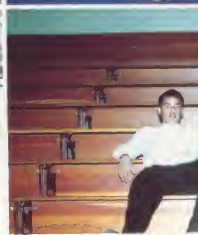
ANYWHERE BUT NOWHERE

GOOD FRIENDS SHARE A SPECIAL MOMENT TOGETHER DURING LUNCH. WITH GRADUATION COMING UP, THERE ISN'T THAT MUCH TIME TO SPEND WITH CLOSE FRIENDS, SO EVERY LITTLE AMOUNT OF TIME COUNTS.



Frank Pedroza works on a lawnmower in shop class.







Jamin' Jr. Highers

RIGHT 8TH GRADERS MATT ZIMMERLY AND JILL SHOW OFF THEIR STUFF AFTER GRADUATION

BELOW HARVEY DOUGLAS SHOWS US HOW TO TAKE TIME OUT FROM STUDYING





LOOK AT THESE 7TH GRADERS SHOW OFF.

RJF
JH

JOHN MENDEZ POSES.



Amanda Watts gives Homecoming Queen Bridget Janes a hug of congratulation. Bridget is filled with a lot of spirit and beauty.

1989-1990 FOOTBALL



The 1989-1990 Homecoming court consists of (From left to right) Bridget Janes (Homecoming Queen), Stacey Lemley, Cathy Szwedo, and Amanda Watts.

The underclass Homecoming court consists of (From left to right) Yolanda Zambrana, Kim House, and Stacey Handley.



For the first year with a new coach our football team did exceptionally well.

We had 4 wins and 5 losses throughout the season. We

did really well during our Homecoming game. We killed South Central 6-0! Our Homecoming court was filled with a lot of enthusiasm and spirit. The Homecoming events such as hall decoration, had a really good turnout (considering this years amount of school spirit).

There was a lot of hard work done, but everyone also had a lot of fun. Our Homecoming Queen was Bridget Janes, a girl who had a lot of school spirit and enthusiasm through the entire school year. We hope that our Homecoming Queen will be as involved in year's that follow.

HOMECOMING



Scott Baldauf who was Bridget Janes' escort tells her a joke just before she is crowned Queen. April Buchannon must have caught a wit of that joke also.



Our football team is very excited during half time. They know they are going to win this one; they are just waiting for the time to run out. Larry Welch stands off to the side.



Bridget Janes finds out she is 1989-1990 HOMECOMING QUEEN, the suspense is over and the air is filled with excitement. Everyone is really excited for her.

INGOTS CELEBRATE HOMECOMING

90 BASKETBALL HOMECOMING was a night to remember. Although victory was not achieved, the spirits were still running high in everyone. The score was 57-46 and the Ingots were defeated by the Whiting Olers. Spirit was seen in all of the court members. The members were Sherry Daniel, Carol Gibbs, Cathy Swedo, Bridget Jones, and Amanda Watts. Representing the boys were Clifton Brown, John Daniels, Glen Gulley, Shane Skees, and Brian Williamson. Carol Gibbs and Clifton Brown took the Miss and Mr. Ingot spirit award. Bridgett Jones and Scott Bauldauf took the Mr and Miss Basketball awards.



Cathy Swedo and Clifton Brown converse with other classmates. About their awards they received on Homecoming after the celebration.

Sherry Daniels and Glen Gulley her escort show their Ingot Spirit, after being introduced as 1990 homecoming candidates. Both were very proud of this.



After all being presented and making their entrance the homecoming court members all stood anxiously for their names to be called.

Carol Gibbs and Clifton Brown pose for a picture after receiving the title of Mr. and Mrs. Ingot Spirit.



Coral Gibbs gives last years Miss Ingot spirit Tami Palmer a hug after she receives the same honor of being Miss. Ingot Spirit 90.

Cliston Brown receives his award after being named Mr. Ingot spirit 90. Cliston worked very hard throughout his high school years to receive this.



Scott Boldauf and Joe Liberto were candidates for the 1990 Mr. Basketball award. Bridget Jones the unchallenged nominee for the Miss Basketball award.

Coral Gibbs smiles as she receives her Miss Ingot Spirit Crown. This is a really great accomplishment for Coral she worked very hard throughout her high school years to achieve this.



Stacy Bogden and Jeremy Ogden enjoy themselves while dancing with the rest of the crowd.



Having a wonderful time, Charity Thompson and Bob Cissell share a slow dance together.



Ready to begin a romantic evening, Denise Wheeler and Steve Ladd pose for a quick picture.



Yolanda Zambrana, Tom Bryant, Michelle Taylor and Richie Otero take time out from the dance to relax and enjoy each other's company.

ABOUT



Colleen Gryczewski and Brian Kaehler take a break from the dance to be alone.



Kim Page and Dan Ellenberger share an intimate moment at turnabout.



The River Forest turnabout was held on February 3, 1990 in the Ingot room at 7:00 p.m. Mrs. McNabb, Miss Watkins and the senior class worked hard to make the dance a success. The students arrived in suits, tuxes, and semi-formal dresses ready to smile for the camera. The couples' pictures were taken by Midstates for \$8.00 a package. The dance decorations were silver and black, and the room was made to look as if the students were dancing in a theater. Most of the teens danced the night away to the music supplied by "Exuberance". The students that didn't wish to dance talked with friends and snuggled with their dates.

Cheryl Spanyers and Tim Page enjoy a slow dance together at Turn-About.

Oriental

P r o m



On May 8, 1990 at 7:00 an Oriental Fantasia took place. The prom was held at Marquette Park Pavillion. The pavilion was decked in red, black, and gold oriental decorations. Mr. Slater and Mr. Brown sponsored the prom which was a success. Cookies, pizza, punch and oriental candies were served. This prom will never be forgotten.

The dance floor was filled with couples dancing and enjoying an Oriental Fantasia.



Ana Verdusco and her date take a break from dancing to enjoy some punch.



Fantasia



Pam Gonzales and Ed Garza pose for a picture between dances.



Andrew Plesyk and Cathy Craigen show us their prom attire for an Oriental Fantasia.



Stacey Handley and her date enjoy a romantic dance together.



Dances, Dances, Dances

"Get Busy Boyeee"

For the 1989-1990 school year the memories were made at the dances. Everyone liked the dances which were dressy. The dances were very romantic and the

setting calm.

All in all the dances were highly popular on the students lists of activities to do with that special someone in their life. They were a hit.



Brian Hoobay, Jamie Drury, Anthony Alfano, and Cathy Szewo take time out for a romantic dance.



Margaret Caldin and Juan Lopez step out on the dance floor for a fast dance.



Dances, Dances, Dances



Colleen Gryczewski and Brian Kaehler pose for a friends snapshot.

Cathy Gallagher and Keith Jackson posed for a romantic photo with each other.

Kristina Miles, Letty Mundo, Jesse Chabes, and Tony Ramirez sit one out together and examine the fancy decorations.



A few seniors and juniors show some of the latest styles of popular fashions.



Sergio Dominguez shows us his pearly whites before ending another school year.

Friends forever Kim House and Jennifer Henson share a moment together in the courtyard.



Stacey Lemley sings a song to her graduating class at this year's commencement exercises.





Juan D'Angelo and Kier Colon have a dance together at the Turnabout.

Carol Gibbs shows us the gifts she receives after becoming Ms. Ingot Spirit



Pam Feldpausch and her date sit out a few dances at the Oriental Fantasia.

Sean Klogstead and Jeremy Ogden converse while their girlfriends powder their noses.





Mr. Tippet patiently awaits his next "Bust".



Mr. Logan stops what he is doing to pose for a photographer.



Dr. Wright takes it easy after a conference with Mr. Tippet.



Mrs. Grusak smiles after typing in how much you owe.

ADMINISTRATION AT WORK!

A high school office student assistant comes into your class and delivers a pass to "Joe". Immediately the class assumes the worst possible thing has happened. Joe rises and hurries to the office. This is the type of thing that Mr. Tippett was known for doing. The secretaries assisted in doing this also. It's a dirty job, but somebody's got to do it. Giving out detentions, Saturday school, Work detail, Making sure you're in school and suspending you for something you "didn't really do". All of these not so pleasant activities make up the job of being a principal here at RF. This position is filled by Mr. Tippett.



Mrs. Philpott is anxiously awaiting the day to end.



Mrs. Sapper stops what she's doing to show off her beautiful smile.



Mrs. Paradine sits and enjoys the work that she does.

J. H. ADMINISTRATION



Donna Locasto - J. H. Secretary



John Edelmann - J. H. Principal



Rachel Nicoloff - J. H. Guidance Secretary
Fay Iorio - J. H. Guidance Counselor

R. F. SCHOOL BOARD



Herbert Warren - President; Geraldine Petruska - Vice Pres. ;
Robert Cragin - Member



Betty Jonatis - Secretary; Jo Ellen Breese -
Member



Gerid McCullum - Superintendent



Dr. Judith Najib - Assistant Superintendent

TEACHERS! TEACHERS! TEACHERS! TEACHERS!!!!



P. WALUK



J. MCDANIEL



M.A. FORD



J. REYGAERT



G. KOMOSA



B. WHITING



R. SCOBEY



K. WHITING



C. TURPIN

TEACHERS! TEACHERS! TEACHERS! TEACHERS!!!!



N. PAWLOW



G. ADAMCZYK



K. HOOKS



C. CULLISON



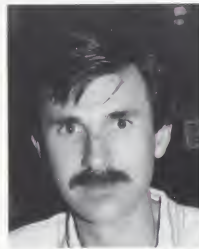
P. MCNABB



J. WELLS



D. KUBLAK



D. MUIR



R. CONNELLY





CUSTODIANS



Phyllis Zombrano, the supervisor of the girls junior high locker room, hurries to get to the class.

Mary Lou the head custodian of the high school took a few moments from a hard days work,

The main mon in the junior high Steve Hehr, has no problem posing for pictures.



Roland Studley is stopped by one of the yearbook students while he is doing his job.



In River Forest, there are many jobs being performed every day, but there is one job we usually forget about. This job is one of the most important jobs in school. That job is being a "CUSTODIAN."

Most of us don't notice what their jobs really are. Their job is unlocking the school in the morning, keeping the hall clean, and many more things. To us kids, just cleaning our own room is a big job. But they have to clean the whole school.





MOST LIKELY TO SUCCEED Amanda Watts and Clifton Brown



Teresa
Alred



Gerald
Bacon



Scott
Baldauf



Charles
Baughman



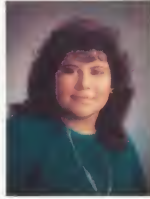
Katherine
Berger



Yvonne
Bonilla



Jennifer
Bowers



Laura
Bran



Clifton
Brown



Margarete
Calderin



Richard
Cannon



Ginger
Clary



Kier
Colon



Dana
Conrad



BEST SMILE Rodney Palmer and Stacey Lemley (left) and PRETTIEST EYES
Darren Guess and Cathy Szewo (right).



MOST SPIRITED Carol Gibbs and Cliston Brown (left) and MOST ATHLETIC Bridget Janes and Reese Price (right).



Tammy
Consier



Sherry
Daniel



John
Daniels



Tina
Daniels



Shannon
Davis



Tammy
Denney



Tammy
Dixon-Shepard



Jamie
Drury



Augustin
Espinoza



Leonard
Evans



Shown here are CLASS FLIRTS Jeff Holder and Kim Page.



Catherine
Gallagher



Raymond
Gamble



Edwardo
Garza



Carol
Gibbs



The MOST TALENTED for the class of 1990 are Mark Vargas and Stacey Lemley.



Carlton
Glover



Carmen
Gonzalez



Darren
Guess



Glenn
Gulley



Robert
Hock



Jeffrey
Holder



Brian
Hoobyar



Alice
Howell



Bridget
Janes



Koni
Johnson



Although there were many "talkers" in the class, Marlene Otero and Glenn Guley were voted BIGGEST TALKERS by their classmates.



Kelli
Jones-Sulski



Julie
Kelly



Kenneth
Lasinski



Stacey
Lemley



Voted MOST POPULAR were Corey Perez and Amanda Watts and the two with the BEST PERSONALITY were Bridget Janes and Rodney Palmer.



Joseph
Liberto



Jennifer
Loving



Angela
Manship



Kerry
Mefford



The two seniors with the BEST HAIRSTYLE were Denise Wheeler and Shane Skees.



Michelle
Munoz



Jeremy
Ogden



Marlene
Otero



Candi
Padron



Kimberly
Page



Rodney
Palmer



Harry
Pedroza



Tara
Pelfrey



Corey
Perez



Christine
Peters



Joe Liberto and Tammy Consier were chosen as CLASS CLUTZ.



Yvonne Bonilla and Augie Espinoza were chosen BEST DRESSED for the class of 1990 by their classmates.



Kris
Piesyk



Reese
Price



Jeffery
Rodrick



Charlotte
Rodriquez



Joseph
Shaffer



Christopher
Sheid



Shane
Skees



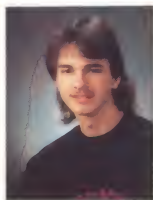
Catherine
Szwedo



Renee
Szwedo



Barbara
Thomas



Eric
Thomas



Charity
Thompson



Mark
Vargas



Marsha
Warren



Amanda
Watts



Larry
Welch



Angela
Westmoreland



Denise
Wheeler



Judy
Wheeler



Brian
Williamson



Tammy
Wilson

NOT PICTURED
FROM THE CLASS
OF 90 WERE:

Duane Carter
Shannon Collins
Michael Duh
Marisol Hernandez
Kirk Ivers
Margarita Mendez
Gloria Ochoa
Hector Otero
Emmanuel
Poulimenos
James Servin
Jeff Sholes



TEACHER'S PETS (seated) were Kerry Mefford, Amanda Watts, and Clifton Brown. The CLASS CLOWNS shown here doing what they do best, clowning around, are Glenn Gulley and Cathy Szwedo.

THE FIFTEEN SENIORS



Amanda Watts

Amanda Watts has earned the honor of being valedictorian with a grade point average of 3.908.



Yvonne Bonilla

Yvonne Bonilla has earned the honor of being salutatorian with a grade point average of 3.800.



Tonya Riddle



Cathy Galager



Sherry Danials



Cathy Szwedlo



THAT ARE ON THE TOP



Joey Shaffer



Charlotte Rodriguez



Chris Sheid



Stacey Lemley



Corey Perez



Judy Wheeler



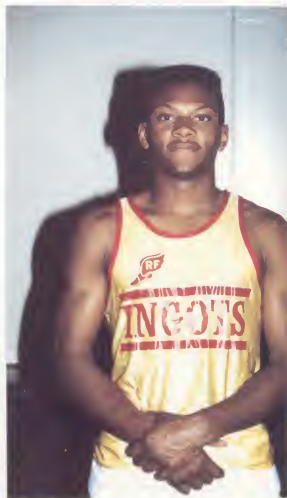
Julie Kelly



Kerry Mefford



Augie Espinoza



WE ARE TOO HOT!!! !!!JUNIORS!!!



Andrew Plesyk and his date Amy Dickson take a break from boogying to a slow tune and stop to pose for a picture.

Where was your favorite place to hang out???

Evans' Basketball Court

Girl/Boy Friend's House

Beach

Mall

Movies

Wright's Barnyard

Dairy Maid

Indiana Beach

Camelot Fun Center

Paradise Hall

Chicago

Johnson's Strawberry Farm

Tonya Alexander
Anthony Alfano
Kris Baimakovich
Kristen Baker
Russell Bittle



April Buchanan
Lena Click
Melody Cole
Edward Concepcion
Veronica Cortez



Randy Cox
Catherine Craiglin
Juan D'Angelo
Maria Deleon
Denise Delulius



Frank Diaz
Sergio Domingez
Stephen Douglas
Debora Dubois
Mari Ewell



Pamela Feldpausch
Daniel Filla
Arturo Fuentes
Barbara Garrison
Scott Garrison



Pamela Gonzales
Colleen Gryczewski
James Hand
Stacy Handley
Kimberly Harper



Arlene Hernandez
Carl Hennings
Jeff Henson
Melissa Howell
Shelly Ingram





Keith Jackson
Jennifer Knight
Mike Kolesiak
Sean Klagstad
Johnny Kyncy

Robert Lane
Gerald Lopez
Jim Mansberry
Joe Marchuk
George Martin

TURN

For these juniors, next year will be their most exciting year ever. Feeling superior to the other students, beginning all of their senior memories, and playing the role models of the underclassmen are just a few things for them to look forward to. Most of them will begin to accomplish their goals and dreams. They will have to decide what they are going to do after graduation. College, marriage and moving are only a small portion of the things they will have to think about. Though there is a lot of responsibility being a senior, there is also a lot of fun activity that takes place. For instance, there are games, class competitions, the senior lock-in, and many more activities that bring the graduating students together.



Mellisa McCugh
Nikki Martinez
Chris McFarland
Shelly Merrell
Charlotte Meyer



Bill Melton
Renae Mikita
Carrie Milam
Donna Moss
Mike Newlin



The mighty juniors at the Spring fling tug-of-war, trying to come up with a victory.



Lori Newsom
Tammy Noremberg
Jose Ochoa
Dan Pelfrey
Beth Petri



Nikki Petroff
Andrew Piesyk
Sophie Pianti
Yolanda Ramirez
Vicki Remm





Marcella Riese



Bernadette Ronk



Joe Shinkle



Chris Shrewsbury



Pete Skoubas
Becky Soboleski
Cheryl Spanyers
Brenda Stevens
Tony Szparaga



James Taylor
Blake Thews
David Torres
Chrissy Vaughan
Bob Victor



David Walker
Chistine Wayte
Debbie Wilson
Jackie Wilson
Sean Yuhasz

These Sophomores are SIZZLING!!



The Sophomores this year are very spirited Kurt, Stephanie, Dave, Richard, and Tommy are just a few that are very involved.

Who is your favorite artist?

Taylor Dayne

Paula Abdul

M. C. Hammer

Lisa Stanfield

En Vogue

2 Live Crew

Madonna

Technotronics

Janet Jackson

Aerosmith

Bobby Brown

Bell Biv Devoe

Living Color

Milli Vanilli

Young MC

Ice-T



Jody Adams
Mark Aghakhan
David Agnew
Danielle Alvey
Kelly Anderson



Erik Ast
Dawn Bayless
Jose Becerra
Stacey Bogdan
Tony Buehler



Luis Burgos
Joe Cadle
Liliana Castillo
Eric Cisneros
Chris Clare



David Cochran
Tina Cole
Kelly Collins
Michele Compton
Sharon DaVaney



Danny Djordjevich
Dawn Dubois



Melissa Duran
Kristen Enders



Joey Escobedo
Mathaniel Gaska

T. Buehler and T. Soria pose together.

Jennifer Henson
Corina Heredia
Claudia Herrera
Terresa Hogan
Kim House

More than any other statement, that simple truth about sophomore life sums everything up.



56



Mike Holly
Kim Howell
Jennifer Johnson
Valerie Kawohl
Denise Kelly



Shawn Knickerbocker
Nikki Krajcar
Jody Kroledge
Pete Lafaucia
Polly Lavrick



Maria Maldonado
Rich Matherly
Toni Matherly
Tanya Mc Allister
Mona Mora



James Motts
Don Niemeyer
Dean Orange
Richie Peliyera
Kevin Persley



KURT REMUS AND JODY ADAMS SHARE A SPECIAL MOMENT TOGETHER DURING A NORMAL SCHOOL DAY HERE AT RIVER FOREST.

Joe Pluta
Kim Poston
Kurt Remus
Vicki Reed
Melissa Reder



Noel Renovales
John Reynolds
Tony Rice
Stephenie Riffle
Madelyn Sanchez



Steven Santmyre
Steven Schindler
Robert Schwager
Kelly Sholes
Laurie Sink



L. Sink, K. Sholes, S. Riffle, S. Knickerbocker pose for a picture.



Dwight Smith
Tina Smith
Gina Saria
Tommy Saria
Richard Sasa



Patty Spiegla
David Szparaga
Brian Taylor
Jeremy Trusty
Angel Vega



Kim House and Jenifer Henson acting normal.



Heather Walters
Sherri Wallace
Danielle Waltan
Erin Waltan
Jennifer Wendrickx



Daug Wentz
Rhonda Wilkie
James Williams
Cindy Wilson
Chad Yester

THE FRESHMEN ARE COOKIN'!!



Kristina Miles and Tony Ramirez look as if they just got done having another of many fights.

What was your favorite movie?

Batman

Kickboxer

Driving Miss Daisy

Stella

Weekend At Bernie's

Parenthood

Young Guns

Always

Look Who's Talking

Pet Cemetery

Born On The 4th of July

Lethal Weapon 2



Sabrina Agosto
Matthew Arts
Amber Ayres
Traci Bailey
Michelle Baldauf

Benjamin Baughman
Rodolfo Becerra
Richard Berkley
Frank Bernacet
Alan Besner

Joseph Bobrowski
Jacob Bojorquez
Ana Bran
Blanca Briseno
Thomas Bryant

Freshmen class hang together, waiting patiently before the next event of spring tling to begin. They also talk about their next moves.

As we all know the freshman year of high school is awkward and unusual experience. There are many fears. Probably what is most fearful to many freshmen is whether they will fit in or not! Starting at the bottom of the ladder is difficult for anyone, but being a freshman is like the broken step you were warned about. The best advice for a freshman is to walk with your head held high and don't shy away from upperclassmen. Stand up to them and they will back off. Remember they were in your shoes before. Some freshmen feel left out of many things. For instance, Senior Ditch Day or Prom! There are very few freshmen who get the opportunity to experience a Romantic evening at Prom. That's fine because when it is their turn to go to prom they can make the night even better than all the years they missed out. Everyone should keep in mind that there will be a time for everything you wish to accomplish or experience in life.



April Caldwell
Benito Cantu
Jessica Carlson
Yvonne Chabes
Kristi Chandler



Sally Clark



Margaret Click



Victoria Muha relaxes at home after a hard day at Ingot Land. She rests up against her house in relief to finally be home.

Zaida Concepcion



Cristina Cruz
Anthony Deere
Diana DeLeon
Kenneth DeYoung
Margarita Diaz



Michael Diaz
Raul Diaz
Patricia Doughty
Joseph Dwyer
Christina Efaw



Tonya Eriquez
Monica Fields
Anthony Flores
Christina Fuentes
Timothy Gibbs





Lisa Gillis
Tessa Gillies
Christopher Gonzales
Mark Grissom
Juan Gutierrez



Dennis Hamilton
Jacqueline Hand
Candice Hendrix
Pedro Hernandez
Robert Hernandez



Paula House
James Howell
Angelica Hurtado
Paul Howell
Erika Ippolito



Sandi Janiszewski
Jennifer Kaehler
Michelle Kaehler
Felicia Kindler
Patrick LaFaucia



Joseph Leszek
Stephanie Loving
Doree Macak
Melissa Martin
Susan Martin



Marciano Martinez
Rebecca McClanahan
Joseph McCowan
Ben McCugh
Jennifer Mihal



Virginia Mejia
Letty Meza
Christine Mills
Vicky Moss
Victoria Muha

Francisco Ochoa
Joey Ondo
Elena Otero
Richard Otero
Mellisa Paceley



Richard Paton
Christine Patterson
Iris Perez
Krista Poston
Amoreena Pronze



Anthony Ramirez
Evelyn Reyes
James Roberts
David Rosario
Dennis Saklak



Camilia Sanjurjo
Kristeen Santmyre
Jenny Schadel
Letty Schmidt
David Servin



Vern Sievers
Charlene Smith
Tonya Smith
Cara Soboleski
Jason Spicer



Kimberly Stanley
Andrew Stasiak
Brandie Stutler
Jennifer Tarin
Michelle Taylor



Lorelie Trump
Sandra Vanham
Apples Vasquez
Miguel Verduzco
Louis Villagran





Freshmen struggle to pull their rank of the four classes. As they strive to come up with a victory, or at least try for a victory, they all work together as a team, and do the best they can to be on top.



Amy Westbrooks
Tina Westmoreland
Dawn Williams
Diane Williams
Benjamin Yanez



Yolanda Zambrana



Heather Zaradich



Mark Zimmerle

Yolanda Z. and Michelle T. were escorted to turnabout by Tom B. and Rich O.

!!!CLASS OF 1996!!!



Students of the JR. High enjoy having class spirit during a hard day of school.



Miss Gillis shows off her stuff with a standing of knowledge.





Eighth graders take advantage of the pleasant weather by taking a brisk walk outside between classes.



Jodi Agnew
Amy Allen
Soledad Alvarado
Catrina Ayala
Jason Baldauf



Antonio Becerra
Danny Bell
Ellie Berger
Carol Blowers
Cami Bogdan



Juan Bojorquez
Gary Brewer
Amy Burns
Erika Byers
Cassandra Cano



Paul Carrol
Tony Castillo
Michael Chabes
Edward Chaja
Nichole Chajan



Mario Chavez
Marisol Cisneros
David Clary
Melissa Cole
Sebastian Collazo

Edward Colon
Chris Corbelle
David Cox
Hope Cox
Jason Creasbaum



Jeremy Criswell
Keith Curtis
Jay Dancier
John Devries
Randy DeYoung



Irene Diaz
Daniel Diaz
Jamie Dillon
Harvey Douglas
Kimberly Ewell



Danielle Flores
Jay Flores
Lisa Flowers
Marilyn Fontanez
Georgine Cantu



Nominees wait excitedly to find out who the next Prince and Princess will be at the King and Queen dance





Camí Bogden and Jay Flores enjoy a slow dance at the King and Queen dance.

Jill Gilarski
Julie Gonzales

Michele Griffin
Maria Gutierrez

Terri Hale
Thomas Harding



David Hawkins
Linda Herrera
John Holland
Jamie Howard
Tina Howe



Clifton Howell
Marcus Howell
John Janes
Stacy Jansen
Curtis Johnson



Ronald Knapp
Noel Knight
Kristen Kolesiak
Chad Krajcir
Charles Kroledge



Jacob Lewis
Louis Liberto
Denise Linebaugh
Joyce Looney
Sudryana Lopez

Jamie Loughran
Bonnie Lueck
Christina Maldonado



Stacy Maldonado
John Maneo
Tina Manning



Jason Manship
Nancy Mattox
Russell McCowan



Robert McGaffney
Louis Mefford
John Melton



Donald Melton
Marilyn Meza
Shawn Miller
Ruthie Mireles
Hector Mireles



Theresa Molden
Jeffery Monnier
Jim Morris
Ricky Mosqueda
Christina Muniz



Marisa Muniz
Dawn Newsome
Christopher Neyhart
Jorge Nunez
Elizabeth Paton





Joe Pedroza
Robert Pedroza
Christine Perez

Friends enjoy a conversation between classes to let off some steam.



Bonnie Petri
Edgar Pinto
Anthony Piunti



Elizabeth Piunti
Joseph Piunti
Douglas Poston



Randy Pearl
Christine Prue
Nina Ramos



Kevin Ray
Della Reder
Elaine Reyes
Cassandra Ridgeway
Timothy Rodrick



Heather Rogers
Lucy Rosario
Marvin Rudd
Celeste Santiago



Seth Schindler
Richard Schroeder
Valerie Sims
Sherry Slaman
Sherri Sliz

Kerry Smith
Teddi Soboleski
Richard Somers
Christie Steiner
Gwendolyn Teeter



Anthony Tolin
Russell Torres
Lori Toscani
Gerardo Verduzco
Christine Walker



Todd Walker
David Wiberg
Dale Wilson
Alan Woelk
Leslie Zimmerle



Changes

As the year comes to an end the 8th graders don't realize the changes that will occur next year.

They entered Jr. High as underclassmen and received in one year the glory of becoming upperclassmen. As they now leave the halls of River Forest Jr. High they enter a new territory. They are lower classmen again. But they now have a four year climb to become upperclassmen again. They can no longer push anyone around, but they will be pushed around.

Even though the eighth graders are at the bottom again, they'll be receiving many more activity choices and class choices.

These upcoming years may start out unpleasant but they will come out to be the best years of your life.



Friends enjoy each others company in the hallways.

EXTRAORDINARY 7th GRADERS!



Students from the seventh and eight grade are put together to learn new skills.

Seventh grade girls enjoy the company of the good looking eight grade boy (man).



Damon Alexander
Angela Alfano
Kelly Allen
Patricia Alvarado
Richard Anderson



Anthony Arreola
Garrett Arts
Karen Austin
Salena Barrow
Robert Bartley



Amy Baum
Michael Bayless



James Bicker
Eddie Bickett



Miss Fords Algebra class learns how to do their work while she explains it thoroughly on the board to them.

Shawn Bock
Michael Bowlin



Kelly Braden
Tim Brewer
Edwin Burgos
Juneteta Carroll
Glover Cary



Richard Chabez
Deloris Chapman
Jason Cheek
Brian Clare
Michael Cole





Rick Coleman
Amy Collins
Pam Cook
Adam Creasbaum
Kelly Cuebas



Chad Dushane
Kevin DeYoung
Kim Dooley
Dustin Easton
Eckstrom



Ele Ernie
Paul Escabazeta



Lisa Farris
Heather Fincher



Felicia Fischer
David Flores



Joseph Gallagher
Donna Gamble
Curtis Garner
Marsha Garner
John Gaskins



Trey Gilliana
Lynde Gillis
Eric Guerrero
Lisa Gutierrez
Tom Hardesty

Robert Harrison
Joseph Hawkins
Bruce Hawl
Jason Heath
Bonny Henk



Billy Hinnings
Ryan Hobson
Jessica Hock
Kevin Hoobyar
Heather Hopper



Ray Hornak
Megan Ippolito



Thomas Jackson
Robert Jakich



Steven Jansen
Magie Jimenez



LuCreta Johnson
Dawn Kania
Jeremy Karageorge
Jason Knight
Kenith Kramer



Bonny Lavrick
Deric Lemley
April Leszek
Ike Lewis
Deana Linebaugh





Jason Lopez
Cathy Lyons
Chris Mahler
Michelle Moldonado
Nick Manteau



Jamie Martin
Jack Matherly
Bobby Mayes
Kassandra Maynare
John Mendez



Dawn Milnovich
Sandra Mills



Shannon Miner
Leslie Molden

We did some weird things in Junior High, but nothing compares to the boys in this picture. Look, they're wearing makeup!



Alex Mosqueda
Gary Niemeyer



Jennifer Olivary
Eddie Otero
Betty Owens
Bill Pappas
Jennifer Paschall



Jason Pieszchala
Chris Porter
Jimmy Poulimenos
Nina Ramos
Jamie Ramos

Karen Ramos
Kevin Ranke
Edie Remm
Joel Renovals
Dallas Rhodes



Nadine Rodriques
Vincent Rosado
Daniel Rosier
David Ruiz
Shawn Saladin



Leslie Schiller
Amber Schmidt
Joseph Sievers
Shawn Slaivk
Hope Slater



What a Year Seventh Graders

Seventh grade, what a year to remember! The students that come from the elementary to the junior high are scared. Being with new and different people, having seven different teachers can be scary at first. Later it gets better and easier.

Here at River Forest three of our elementary come together. They are Meister, River Forest, and Evans to make a seventh grade class.

In seventh grade things are quite hard. There is also a lot of things the students must adjust to. For instance, time they get up changes, remembering which class is next, and getting to all seven classes on time. There are other things you worry about in the seventh grade. You worry if other kids like you, if you are in style, whom to have as friends, if your friends from last year are in your class, and also, the most important thing of making the right choices.

A lot of times seventh graders get pushed around or pressured into doing things they do not want to do. So this is actually the most difficult time for them. This is where their life starts to really grow. In this growing period, they need love and support. That is just what they get from the teachers, counselor, and principals of the junior high. Also, in the junior high there have been a lot of changes. River Forest used to be known as "River Forest Junior/Senior High School." It still is but they are separate now. They're not separated in a major way, just by the new hiring of a Junior High Principal. Other changes are separate lunch hours, and a new remodeled lobby. Boy, what a year!



Candie Slone tries to open her locker while going to the next class.



Carmie Slone
Amanda Stuttler
Heather Tarchala
Christina Torres
Francy Torres

Jeremy Torres
Anthony Toscani
Jann Vann
William Vasquez
Annette Velez

Javier Verduzco
Sammuel Walker
Robert Wendrickx
Roger Wilson
Adam Witt

Aaron Woynarski
Chris Yanez
Josh Yates
Michael York
Veronica Zambrana



The SENIOR class works together with enthusiasm and spirit to try and win the tug of war.

Dave Agnew, a very involved Sophomore, did alot to help out the class.

CLUBS

Although many Ingots at River Forest don't have a lot of spirit, a lot of them do. We are happy with most of the outcome in our clubs and activities. Although we need much improvement with attendance and more participation, we hope to do a lot better in years to come. We are changing a lot of things and trying to make it sound exciting so we will get more attendance. We have a lot of ideas and can't wait to see what happens in years to come. Some of our most popular activities are Spring Fling. A bunch of field events such as tug of war, egg toss, pie eating and many more. Another one is our hall decorating during homecoming. All the classes decorate their halls in a different theme to compete for spirit points.



A group of juniors sit around drinking soda after a hard workout during the Spring Fling. They are thinking they did well and tried their hardest.



A bunch of sophomores stand yelling and screaming while the Juniors try to win the tug of war. Just look at the spirit and excitement on their faces.

AND ACTIVITIES



INGOTS are preparing for the next event.



Mr. Hyden, the head of the Spring Fling, did a great job this year organizing and supervising. We're really proud to have him.





HISTORY IN THE MAKING.

The academic team provided River Forest with some of the proudest moments in school history. The year culminated on April 28, with the defending Class 3 State Championship social studies team making a return trip to the state finals, along with the science team, which made its first trip as a state finalist. The results: the science team correctly answered 18 out of twenty questions. Unfortunately, Greencastle scored an incredible 19, and the Ingot squad placed second. The social studies team struggled that day, but still ended up with a fourth place finish. In addition, the social studies, science, and English teams captured the school's first three regional championships at the Wheeler regional on April 17. Those three teams, combined with the math, fine arts and all-around teams, took the Northwest Hoosier Conference Academic Super Bowl for the second straight year in the River Forest gym on March 30. This, and a last place finish for Kankakee Valley, gave the Ingot scholars the NWHC Academic championship for the first time. The Academic Decathlon team also had a successful year, taking second at conference in December, and a best ever fourth of eleven teams at the KV regionals in January. The decathlon team, which had the highest regional score among schools the size of River Forest, ended only points short of a trip to state. The Spell-bowl team improved on a last place NWHC finish in 1988 and took fourth at conference in September. They also took fourth at the Lowell regional in October. The I. T. A. C. team will look toward the future after a disappointing 9th place finish at Valparaiso University on March 1, 1990.



Front row: left to right: Charolote Rodriquez, Cliston Brown, Chris Sheid, Tonya Riddle. 2nd row: Ms. Hooks, Becky Sobeleski, Kathy Berger, Cathy Gallagher, Joe Schaffer, Cathy Szewedo. 3rd row: Dave Agnew, Stephen Douglas, Larry Welch, Brian Hoobyar, Mr. Grenert. 4th row: Darren Guess, Corey Perez, Augustine Espinoza, and Kerry Mefford.

The Future Homemakers of America was sponsored by home economics instructor Pat Sisk. This year the FHA officers were President Kim Stanley, Vice President Dawn Williams, Secretary Brandi Stutler, Treasurer Charlene Smith, and Publicist Jennifer Knight. The FHA started a new Ingot tradition "The Winterfest Dance." It provided a less formal dance than Turnabout, and also had a greater turnout than expected. Other activities for the FHA were a poster sale, a trip to the regional meeting, but gone from the yearly schedule was the ever popular spook house.



Marsha Gutierrez, Charlene Smith, and Diane Williams enjoy a quiet moment together at the new FHA sponsored event "The Winterfest Dance."

1990 HONOR SOCIETY . . .



The Honor Society's main purpose is to stress excellence in academics. To be inducted into the Honor Society, one must maintain an average of 3.3 on a 4.0 scale, but good grades aren't the only qualifications. One must also display leadership, character, service, and scholarship before becoming a member. Only twelve achieved this honor. They are sophomores Mark Aghakhan, Dave Agnew, Danielle Alvey, Kristen Enders, Kimberly House, Valerie Kawhol, Tanya McAllister, Heather Walters, and Cindy Wilson. Senior inductees are Stacey Lemley, Corey Perez, and Tonya Riddle. The amazing twelve students were inducted on April 5th, at a ceremony and banquet held in the library. The Honor Society, is sponsored by Ms. Kathy Hooks and Mr. Robert Grenert. Some activities of the Honor Society included a boat trip along the Chicago River to study the architecture, a candy sale, and the sale of homemade Christmas ornaments.

FHA STARTS TRADITION



Front row, left to right: Mrs. Hooks, Tanya McAllister, Becky Sobieski, Charollette Rodriquez, Tonya Riddle, Mr. Grenert. 2nd row, Kim House, Tammy Fields, Sherry Daniel, Judy Wheeler, Cathy Gallagher, Cathy Szewdo. 3rd row: Heather Walters, Cindy Wilson, Chris Sheid, Joe Schaffer, Kim Harper. 4th row: Julie Kelly, Valerie Kawhol, Danielle Alvey, Kristen Enders, Dave Agnew, Mark Aghakhan, Stephen Douglas, Corey Perez, Stacey Lemley, Top Row.



Left to right: Becky McClanahan, Diane Williams, Dawn Williams, Jim Williams, Tina Smith, Jennifer Knight, Brandi Stutler, Charlene Smith, Ms. Sisk.

BEGINNING BAND

Beginning Band. Row 1 to r: A. Baum, C. Cano, H. Fincher, M. Maldonado, A. Alfano, J. Carroll, B. Lavrick, L. Flowers. Row 2: M. York, W. Vasquez, B. Bartley, J. Long, S. Collazo, T. Gilliana, K. Hoobyar, B. Pappas. Row 3: J. Gallagher, M. Gardner, S. Griffin, H. Hopper, C. Majlah, K. DeYoung, B. Mayes. Row 4: D. DuBois, L. Gillis, L. Gutierrez, C. Torres, K. Ray, J. Karageorge, V. Rosado, D. Ruiz, M. Gutierrez. Row 5: C. Maynard, J. Reynolds, B. Clare, A. Woyranaoski, C. DuShane, M. Verduco, F. Ochoa, D. Diaz.



BLAST 'EM OUT!



Beginning band Row 1 to r: C. Griffin, A. Pronze, B. Eckstrom, A. Hurtado, M. Compton, D. Kania, C. Porter, L. Schiller, B. DeLeon, J. Martin, J. Vann, K. Dooley. Row 2: B. Hennings, J. Gutierrez, J. Palemenos, L. Molden, D. Easton, E. Otero, J. Pieschala, T. Puinti, A. Whitt, S. Boch, A. Stutler, D. Rosier. Row 3: A. Beccerra, S. Jansen, R. Harrison, G. Brewer, J. Verduco, J. Hawkins, K. Enders, S. DaVaney, R. Anderson, J. Torres, T. Areola. Row 4: A. Collins, A. Masqueda, D. Alvey, M. Paisley, R. Wendrick, J. Heath, G. Cary, T. Jackson, R. Jakich, G. Neimeyer. Row 5: K. Ranke, D. Flores, R. Cloeman, R. McGraffy, T. Castillo, A. Creasbaum, M. Vargas, S. Walker.

The beginners were very successful this year in their achievements. Although it took them up to four weeks to choose an instrument, once they did, it was all "work-in-play."

They didn't play much publicly, but when they did, it brought many fellow Ingots, parents, faculty members, and relatives to their concert. They are to be congratulated.



INTERMEDIATE

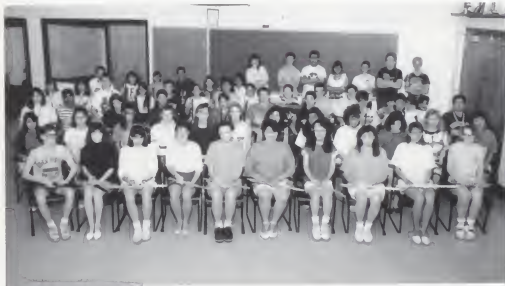


Intermediate Band. Row 1 l to r: T. Harding, S. Jansen, S. Slaman, L. Tusconi, J. Gilarski, M. Muniz, J. Agnew, D. Newsom, T. Manning, C. Patterson. Row 2: S. Lopez, C. Mills, S. Wallace, T. Hale, K. Kolesiak, C. Bogdan, G. Cantu, E. Reyes, G. Martinez, E. Beyers, S. Siz, S. Puntli. Row 3: S. Loving, E. Reyes, J. Dillon, G. Verduzco, K. Curtis, R. Rude, J. Puntli, S. Miller, R. Mosceda, M. Chabes. Row 4: J. Lockran, S. Maldonado, T. Tolin, C. Maldonado, I. Diaz. Row 5: T. Wentz, B. Petri, D. Wiberg, T. Ramirez, N. Maddox, M. Cisneros, K. Ewell, C. Howell, H. Mireles, G. Mah-jah, B. Pedroza, D. Poston, D. Hawkins.

MUSIC TO OUR EARS

The pep band are those people that you hear at half time of the boys Varsity and J. V. games. And as the name indicates, they try to pep the players and the crowd up for the game. Now, some say, "Doesn't the pep band just make a lot of

noise?" Well, the answer is NO! They provide entertainment for the crowd along with the players. Much credit should go to the players of the pep band for the work they've done. Keep it up Ingots!!



The pep band; bottom row l to r: K. House, K. Colon, M. Baldauf, B. Stutler, D. Dubios, L. Sink. Row 2: A. Ayers, L. Schmidt, P. Doughty, D. Bayless, D. Walton. Row 3: G. Soria, F. Kindler, T. Bailey, C. Chandler, V. Muha, M. Cole. Row 4: T. Cole, K. DeYoung, C. Gonzales, M. Click, M. Holley, R. Sosa, M. Vargas. Row 5: D. Agnew, D. Delon, K. Remus, R. Schwagger, J. Spicer, D. Guess, L. Welch, K. Mefford. Row 6: A. Piesyk, B. Taylor, J. Adams, M. Grissom, C. Shield.



Marching & Jazz Band



Above: While the band was at Florida they took time out to pose for camera. M. Grissom, M. Click, S. Wenarix, M. Gutierrez, J. Gutierrez, C. Perez, M. Holly, C. Mefford, S. Garrison.



ABOVE THE RIVER FOREST JAZZ BAND WHO HAS WON STATE FOUR YEARS STRAIGHT



A. ALFANOA, PIESYL, GALUSI, GUTERBIEZ, YESTERN, GRISCOMB, T-
LORJ, ADAMSC, SHEIDM, DIAZK, REMJSC, SHREWSBERRYB, HOOBYARS,
DOUGLASD, DELIOND, AGNEW.C, GLOVERJ, HOLDERM, GUTERBIEZ,
SCHWAGERD, PELFRYJ, SPICERD, GUESSL, WELCHA, VEGAK, MEFFORDC,
PEREZC, PATTERSONC, ALFAROE, OSONAROSM, VERUDSCOR, GAM-
BLED, NEYMEYER, GONZALAZM, CLUCKX, JACKSONJ, BOMBROWSKIS,
GARSONJ, D'ANGELOJ, LOPEZM, HOLLEYR, SOSAM, VARGASS, DAVISS,
WENDRICKSG, SRAC, VAUGHNF, KINDLERT, BAILYF, OCHOLAC, CHAND-
LERV, MUHAH, OCHOLAM, COLES, LEMLEYS, GRIFFIND, ALVEYT, SHE-
PARDO, DUBOISA, BUCADNE, MUNSTERC, FUENTESA, AYERSL, SHMCTP,
DOUGHTYD, BAYLESD, WALTONK, SWEDOWR, SWEDOWH, WALTERSK,
HOUSEK, COLONNM, BALDOFB, STUTLERJ, PUNTIC, ENDERSL, SINK

FLORIDA

B A N D T R I P



The 1989-90 band members had an exciting year, and the Florida trip was a success. During their six-day stay in Orlando, the excitement never stopped. On Tuesday morning, the buses were

loaded and our Ingots were on their way. They visited Wet 'n Wild, Disney World, Epcot Center, MGM Studios, and the Kennedy Space Center. They left immediately from the Kennedy Space Center to

come home. They arrived back at the front of the school at approximately 8:30 p. m. and went home from there. Our Ingots were expected to be at school the next day and everyone was here.



Band members taking a break on Main Street.



Girls acting crazy at the hotel pool.

Mickey Signing off -BYE!



Vicki and Minnie, what a couple.



The Disney Castle at its best.



Figment—a Disney Creation.



*Waiting for the bus—what fun!
An Ingot and Minnie.*



Villains at large.



Auxiliary Corps



Bottom Row: Bridget Janes, Renee Swedeo 2nd row: Lisa Gillis, Christina Fuentes, Debbie DuBois, Shannon Davis, Ginger Clary, Dana Conrad, April Buchannan 3rd row: Mrs. Whiting, Valerie Kawhol, Jessica Carlson, Colleen Gryczewski, Sophie

Plunti, Tammy Fields, Nikki Martinez, Judy Wheeler, Polly Lavrick, Chrissy Vaughan, 4th row: Angie Hurtado, Tammy Consier, Candy Padron

Auxiliary Corps had a very exciting year. Not only did they perform at the football and basketball games, they also performed at Disneyworld in Florida! The Corps practiced every morning at 6:45 until 7:30 to prepare for the Florida parade. They marched in the scorching sun and the bitter cold to become perfect. They marched in three parades including Hobart Christmas parade, the Highland Christmas parade, the Hobart Fourth of July parade and the New Chicago Labor Day parade. Auxiliary Corps is not all fun and games. It involves work, cooperation, and teamwork.

The work really pays off as the Auxiliary Corps performs a great routine.





Every 4th of July the Auxiliary Corps performs in the Hobart parade.



Auxiliary Corps entertains at each basketball game.

The school song is performed before the game begins.



Ingots tune up for performance



Back row CHRIS VAUGHN, TARA PELFREY, ED COLON, DAVE FLORES, BILLY JAMES, BILLY ALLEN, ED CHAJA, JOE PEDROZA, CARRIE MILAN, TERESA ALRED, CHRIS PETERS, Row 3 KRIS MILES, LENA CLUCK, SALENA BARROW, ALICE HOWELL, BARBARA GARRISON, CHRISTINA PRUE, KIM HOWELL, NICHOL CHAJA, VICKI REED, JESSICA HOCK, DONNA MOSS

Row 2 SHARON DaVANEY, SHAWN DENNISTON, THERESA MOLDEN, MELISSA PUZA, KELLY BRADEN, MARGIE CLUCK, NADINE RODRIGUEZ, APPLES VASQUEZ, VICKY MOSS, KELLY COLLINS, SHAUN SLAVIK Row 1 TINA SMITH, KELLY ALLEN, HEATHER LETNER, SOLEDAD ALVARDO, PATTY ALVARDO, MAGDELENA JIMENEZ, BONNIE LUECK, MAGAN IPPOLITO, DEL REDER, DOREE MACEK



Choir is an elective and the science of singing is studied. The students are grouped according to their individual pitch. Choir is a daily class, and besides performing choir there's also Choraleers.

Shown here is Mr. Brown anxiously awaiting another day of class





Back row LENA CLICK, CARRIE MILAN, VICKI REED,
 Row 2 VALORIE KAWOHL, CHRIS VAUGHN, KRIS MILES, TERESA AL-
 RED
 Row 1 HETHER LENTNER, THERESA MOLODEN, TARA PELFREY, CHRIS
 PETERS, SOLEDAD ALVARDO



YEARBOOK STAFF MEMBERS

The 89-90 yearbook was put together through a lot of hard work. Our new advisor Mrs. Keller had no previous experience working with the yearbook. To quote Mrs. Keller, "I was often confused, frequently frustrated, it was a very difficult year." Most of our yearbook staff also had little or no experience, but everyone seemed to work hard at it. Deadlines!!! Deadlines!!! Deadlines!!!

That's what it's all about. Meeting the deadlines at times can be, truly very mind-boggling. Putting a yearbook together takes a lot of teamwork. Without it nothing would ever get done. This yearbook took much effort from everyone to get off its feet. At the end all the hard work paid off by capturing some remarkable memories for us fellow Ingots to look back on years from now. Being a year staff member is not all fun and games or just a class you take to get out of English class, but you learn about layouts, copy, and how to make picture look good on a page. Its not all its cracked up to be but its fun at times.



Front Row: Colleen Gryczewski, Jeremy Trusty, Yolanda Zambrana, Michele Baldauf, Lisa Gills. Back Row: Denise Wheeler, Clifton Brown, Julie Kelly, Danielle Avey, Kelly Sholes, Mrs. Keller

Colleen Gryczewski smiles for the camera as she works very hard to meet her deadline for her assigned yearbook pages.



Yearbook Staff Members at the park for a day in the sun. As they pose for the camera and enjoy the sliding board. Sometimes you have to take a break!!!!!!

Yolanda Zambrana is working very hard to finish her layout before DEADLINE-!!!!!!!!!!!!!!!!!!!!!!time is here. A lot of hard work has to be done in order to get the book ready by everyone.



Mrs. Keller our new Yearbook advisor smiles for the camera. Mrs. Keller is new to the staff but is very well known as an English Teacher. Mrs. Keller is very good in both her old field as well as her new.

Newspaper



Newspaper staff: (First row): Nikki Krajcir, Heather Walters, Judy Wheeler, Christie Patterson. (Second row): Christine Fuentes, Valerie Kawhol, Polly Laverik, Maria DeLeon. (Third row): Daniel Peltrey, Dennis Hamilton, Cliston Brown.

Preparing a monthly newspaper is a difficult task. Yet, with team work, our newspaper staff seems to have it all together. Mr. Muir, the newspaper advisor said, "It's a lot of hard work, but it's fun. I've always enjoyed it."

Newspapers come out once a month with the exception of December and January. (Due to the holiday season.) They were printed at the Hobart Harold Press. The photographers, Heather Walters and Margaret Calderin took photographs for the newspaper.

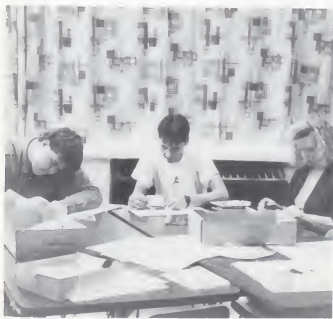
The editors, Chris Shed and Cliston Brown (who is also in charge of sports) did the editing for the newspapers and took charge a lot. "Newspaper was a highly difficult class, but it was also a lot of fun." Says Cliston.





J. Johnson, P. Skoubas, M. Durran, R. Mikita, F. Diaz, K. Sholes J. D'Angelo, M. Baldauf, S. DaVaney H. Walters, P. LaFaucia, S. Douglas, A. Piesyk, G. Lopez, A. Neyhart, N. Gaska, K. Enders, D. Walton, S. Sharp, C. Gyczewski, C. McFarland, T. Brynat, are all Yearbook Staff Members for the 90-91 year.

Special thanks to the 90-91 yearbook staff. Without all their hard work, this yearbook would never have got finished. They worked very hard to get everything completed.



Yearbook Students Scott Tharp, Tom Bryant and Danielle Walton select pictures for layouts.



Yearbook Student, Pamela Feldpausch works on her layout.

SPRING FLING

SOPHOMORES POLLY LAVRICK,
TONY BUEHLER, JEN HENSON,
AND PETE LGAFUCIA PULL THEIR
HARDEST FOR THEIR CLASS

SPRING FLING
1ST SENIORS
2ND SOPHOMORES
3RD JUNIORS
4TH FRESHMEN

BELOW SENIORS SHERRY DANIEL
AND KRIS PIESYK RUN LIKE MAD

MIDDLE JUNIOR DAN FILLA TRY-
ING ON A NEW WARDROBE

FAIR RIGHT JUNIOR SERGIO DOM-
INGUEZ SHOWS US HOW HE USED
TO EAT AS A CHILD





LEFT JUNIOR KEVIN PERSLEY SHOWS OFF HIS BODY WHILE RUNNING THE OBSTACLE COURSE

BELOW SOPHOMORES TRACIE BAILEY AND PETIE HERNANDEZ EAT LIKE LITTLE PIGLETS IN THE PIE EATING CONTEST



BELOW SENIOR TAMMY CONSIER SHOWS US WHAT A MESSY EATER SHE IS WHEN SHE IS HUNGRY



ABOVE JUNIOR STEVE DOUGLAS IS SURE TIRED AFTER THE TUG OF WAR

"SPRING FLING" "SPRING



Spring Fling is an every year event here at River Forest. It is a competition between the four classes that only lasts for one afternoon. The classes compete in a variety of challenging events. The class that comes out on top wins Spirit Points. As you can see from the pictures shown, this year's Spring Fling turned out very well. Many students from every class participated in the events making this year's Spring Fling exciting, challenging, and unforgettable. Every class had their share of wins and losses but only the class with the most participation received the big "GOLDEN" victory.



Top row - from Left to Right - Tammy Consier, Carlton Glover, Ginger Clary, Petie Hernandez, Bridget Janes, and Nikki Petroff.
Bottom row - from Left to Right - Darren Guess, Amanda Watts, Shannon Davis, Ginger Clary, Tina Westmoreland, John Gutierrez, Tammy Fields, Stacy Handley, and Mr. Tippett.

FLING" "SPRING FLING"



High School Graduation

Graduation from High School is a milestone in the lives of our students. Graduation from High School isn't an easy task for some individuals. All graduates should be awarded, but some had special accomplishments, such as taking part in the National Honor

Society, Julie Kelly, Stacey Lemley, Corey Perez, Yvonne Bonilla, Sherry Daniels, Catherine Gallagher, Tonya Riddle, Charlotte Rodriguez, Joseph Shaffer, Charles Sheid, Catherine Szwedo, Amanda Watts, and Judith Wheeler. Class officers are as follows: President, Judy Wheeler, Vice President,

Yvonne Bonnila, Secretary, Kathy Berger, Treasurer, Ginger Clary. Eleven students received Academic Honor Diplomas Salutatorian, Yvonne Bonilla and Valedictorian, Amanda Watts played a major role in making this year the great year it was.



Tammy Consier smiles for a graduation portrait.

Stacey Lemley entertains her fellow Ingots by singing "Wind Beneath My Wings" before diplomas are distributed.





Several young women impatiently wait to celebrate the first day of the rest of their lives.

Jamie Drury and Jennifer Bowers express their feelings as they think about their futures.

Several male Ingots chat among themselves this last time before they go on with their lives.





ANTHONY ALFANO LISTENS AS COACH AL DETTERLINE TALKS TO THE TEAM.

CENTER BRIAN WILLIAMSON SNAPS THE BALL BACK TO QUARTERBACK COREY PEREZ



VERONICA CORTEZ, DIANA DELEON, AND TAMMY NORENBURG STRETCH OUT.



CHRIS BAIMAKOVICH MAKES A KILLER RUN TO FIRST IN A GAME AGAINST GAVIT.

Ingot Sports

<i>Sport</i>	<i>Page</i>
<i>Varsity Football</i>	<i>108-109</i>
<i>Junior Varsity Football</i>	<i>110-111</i>
<i>Girls Tennis</i>	<i>112-113</i>
<i>Volleyball</i>	<i>114-115</i>
<i>Cross Country</i>	<i>116-117</i>
<i>Boys Varsity Basketball</i>	<i>118-119</i>
<i>Boys Junior Varsity Basketball</i>	<i>120-121</i>
<i>Girls Varsity/J.V. Basketball</i>	<i>122-123</i>
<i>Boys/Girls Jr. High Basketball</i>	<i>124-125</i>
<i>Varsity/J. V. Cheerleading</i>	<i>126-127</i>
<i>Freshmen/J. R. High Cheerleading</i>	<i>128</i>
<i>Wrestling</i>	<i>129</i>
<i>Baseball</i>	<i>130</i>
<i>Golf</i>	<i>131</i>
<i>Boys/Girls Track</i>	<i>132-133</i>



WRESTLER TONY SZPARAGA FIGHTS TO PIN HIS OPPONENT.



COACH MUHA CONSULTS THE NEW FOOTBALL COACH OF THE INGOTS, TOM REDMAN.



STATE QUALIFIER JOE LIBERTO PLACED 16TH WITH A 6'4" IN THE HIGH JUMP.



STATE QUALIFIER REESE PRICE PLACED 9TH WITH A 49.72 IN THE 400M DASH.



JUNIOR PHIL NAFUS WENT TO STATE IN BOTH CROSS COUNTRY AND TRACK.

HIGH SCHOOL VARSITY FOOTBALL



THIS YEAR RIVER FOREST HIRED TOM REDMAN AS HEAD COACH OF THE VARSITY FOOTBALL TEAM. ALONG WITH COACH REDMAN CAME THE INTRODUCTION OF THE WISHBONE OFFENSE AND THE GAP CONTROL DEFENSE. THE INGOTS WISHBONE OFFENSE WAS QUITE IMPRESSIVE BY MAKING A NOTICEABLE ADVANCE IN RUSHING OVER PAST YEAR'S PERFORMANCES ALTHOUGH THE INGOTS SEASON WAS 4 OUT OF 5. THE MIGHTY INGOTS THIS YEAR WERE CONFERENCE RUNNER-UPS AND HAD THE MOST IMPRESSIVE WIN OVER RENSSSELEAR WITH A SCORE OF 38-0 AND KANKAKEE VALLEY WITH A SCORE OF 42-6.

THE INGOT FOOTBALL TEAM HAS WORKED HARD THIS SEASON AND SHOULD BE NOTICED FOR THEIR HARD WORK AND GREAT PRIDE IN MR. TIPPETT'S INGOT LAND. WITH EVEN MORE HARD WORK, COACH REDMAN IS HOPING FOR A MORE PROGRESSIVE SEASON NEXT YEAR AND IN THE FUTURE YEARS TO COME AROUND.

ABOVE LEFT: A MIGHTY INGOT ATTEMPTS TO CATCH THE FOOTBALL BEFORE THE OTHER TEAM HAS THE CHANCE TO GET THEIR HANDS ON IT. ABOVE RIGHT: ANTHONY A. LOOKS FOR AN OPEN MAN TO PASS THE BALL TO DURING THE GAME. LOWER LEFT: COACH REDMAN TAKES TIME OUT TO THINK ABOUT THE GAME.





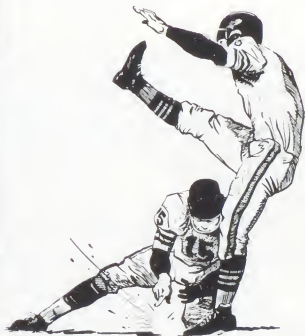
A RIVER FOREST INGOT BREAKS AWAY THE DEFENDING TEAM TO TRY FOR A TOUCHDOWN. THE INGOTS HAVE BEEN WORKING HARD TOGETHER AS A TEAM AND AS INDIVIDUALS THEMSELVES. THEY HAVE ACHIEVED GREAT GOALS THIS YEAR AND THEY ARE HOPING FOR BETTER YEARS TO COME.



GO! FIGHT! WIN! INGOTS!



COACH MUHA CALLS A NEW DEFENSIVE PLAY BY USING A SECRECY CODE WAY OF DOING IT.



FRESHMAN/J/V FOOTBALL



Mark Grissom celebrates after the INGOTS score.



TOMMY GIEST TRIES TO FIND SOME ROOM AROUND THE END OF THE LINE



Richie Otero looks for a block from freshman Joe Leszek as he is trailed by a Portage defender.



SCORES

CALUMET FRESHMAN	T	L
CALUMET J/V	H	L
PORTAGE	H	W
SOUTH CENTRAL	H	W
RENSSELAIR	T	L
WHITING	T	L
LAKE STATION	T	W
KANKAKEE VALLEY	H	L



Coach Muha consults with Coach Thomas about a play.

Richie Otero takes a breather after a long run.

GIRLS TENNIS



Front row (left to right) — Maria Deleon, Lisa Guterrez, Marsha Guterrez, Gina Soria, Back row (left to right) — Coach Detterline, Melissa Duran, Stephanie Riffle, Brandie Stutler, Vicky Muha, Lisa Gillis

River Forest's newest sports program gets started when Coach Detterline takes the girls' tennis team into action.

With few experienced players, the team's schedule was an easy one for the first year. "All of the girls were eager to learn the game and worked hard," said Coach Detterline.



But as the season went along the girls showed great improvement from game to game. The team consisted of 10 members with Melissa Duran, Stephanie Riffle, and Lisa Guterrez as key members who contributed greatly to the team. "One can easily see this season how much the girls have improved since the first match," says the coach.

Varsity	
Scoreboard	
Hammond Clark	L
Hammond Gavit	L
Hanover Central	L
Boone Grove	W
Hobart	L
J. V. Scoreboard	
Hobart	L
Wheeler	W
Lake Station	W
Hobart	W

BOYS VARSITY TENNIS



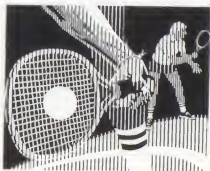
Back Row: COACH AL DETTERLINE, CHRIS CLARE, MARK AGHAKAN, STEVE DOUGLAS, DAN FILLA, ALLEN NEYHART, AND KERRY MEFFORD Front Row: ANDREW PIESYK, BRIAN TAYLOR, JODY ADAMS, JOHN GUTIERREZ, AND SCOTT GARRISON

THE BOYS' VARSITY TENNIS TEAM HAD A VERY ROUGH TENNIS SEASON WITH A 4-10 RECORD. A 5-0 SECTIONAL LOSS AT HOME TO GARY WIRT ENDED A SEASON IN WHICH THE INGOTS COULD ONLY BEAT FOUR GARY SCHOOLS; ROOSEVELT, LEW WALLACE, HORACE MANN, AND WEST SIDE. THE LACK OF EXPERIENCE ON THE TEAM WAS THE MAIN REASON FOR THE ABSENCE OF WINS. THE TEAM HAD ONLY ONE SENIOR, KERRY MEFFORD, AND ONLY TWO OTHER RETURNING LETTERMEN, STEVE DOUGLAS AND DAN FILLA.



K. MEFFORD MAKES RETURN

<i>William Wirt</i>	<i>L</i>	<i>Griffith</i>	<i>L</i>
<i>Hammond Morton</i>	<i>L</i>	<i>Lowell</i>	<i>L</i>
<i>Hammond Gault</i>	<i>L</i>	<i>Margnette</i>	<i>L</i>
<i>Lake Central</i>	<i>L</i>	<i>Lake Station</i>	<i>L</i>
<i>East Chicago Central</i>	<i>L</i>	<i>Gary Lew Wallace</i>	<i>W</i>
<i>Gary Horace Mann</i>	<i>W</i>	<i>Gary West Side</i>	<i>W</i>
<i>Hammond Morton</i>	<i>L</i>		
<i>Gary Roosevelt</i>	<i>W</i>		



LADY INGOT VOLLEYBALL

THE VARSITY VOLLEYBALL TEAM DESPITE A 0-18 SEASON, DISPLAYED AN ARRAY OF SCHOOL SPIRIT AND DETERMINATION. THE TEAM WAS LED BY SENIORS, BRIDGET JAINES, KIER COLON, SHERRY DANIELS AND TAMMY DENNY. ALSO THE LADY INGOTS ACQUIRED NEW HEAD COACH, BETH DOEHRMAN, AND RETURNING COACH KIM WAGGONER. THE J. V. TEAM, THAT CONSISTED OF MOSTLY FRESHMEN, ENDED THE SEASON WITH A 4-14 RECORD. "BOTH TEAMS WERE YOUNG IN EXPERIENCE COMPARED TO OTHER TEAMS", SAID DOEHRMAN, BUT THE TEAM'S ATTITUDE WAS A BRIGHT SPOT IN THE SEASON. MOST TEAMS WOULD HAVE GIVEN UP BUT THE LADY INGOTS WOULD NOT QUIT UNTIL THEY HAD A VICTORY



GIRLS
VOLLEYBALL
SCORES
SCOREBOARD

NORTH JUDSON	L
HAMMOND NOLL	L
HOBART	L
BOONE GROVE	L
LOWELL	L
RENSSELAIR	L
WASHINGTON TWP.	L
GRIFITH	L
GARY ROOSEVELT	L
NORTH NEWTON	L
LEW WALLACE	L
WHEELER	L
LAKE STATION	L
HAMMOND CLARK	L
WILLIAM WIST	L
HANOVER CENTRAL	L
KANKAKEE VALLEY	L
MORGAN TWP.	L



JUNIOR, NIKKI MARTINEZ, HUSTLES AFTER THE BALL DURING A GAME.

SENIOR, BRIDGET JANES PREPARES TO DELIVER A POINT-WINNING SCORE.



KRISTEN BAKER USES HER JUMPING ABILITY TO BLOCK A THREATENING SPIKE.



COACH DOEHRMAN GIVES LAST MINUTE INSTRUCTIONS TO HER LADY INGOTS.

Cross Country



After Keith "Action" Jackson finished running against his opponent, he was awarded a ribbon for running so well in the race.



Mark Vargas runs vigorously to meet his goal for the team.

Phillip Nafus, who went down state, is heading for first place.





Ingot, Keith "Action" Jackson runs hard to win the 1990 cross country tournament.

Two of the River Forest cross country take a break to chat with friends.



The 1990 River Forest cross country team got fifth place at sectionals and went on to regionals.

Of the team mates, Keith Jackson, Mark Vargas, Joe Liberto, Daniel Pelfry, and Phillip Nafus, Nafus got fourth place

in Valparaiso Regionals and got fifth in regionals. He placed eight in Semi-State and on to state which was held in Indianapolis. Nafus was the first boy to run in the State C. C. meet for River Forest.



Boys Varsity Basketball

Although the River Forest Boys' Basketball team didn't have a sizzling season, it did have its highlights. Some of the team members had honors placed upon them. Among those were Anthony Alfano and Mike Kolesiak were voted Co-Most Valuable Players

and Danny Filla was voted Most Improved. The team's weaknesses overpowered their strengths. Defense, outside shooting, and ball handling were a few trouble areas of the season. The team showed excellent determination and good mental atti-

tudes. Even though they ended the season at (3-18) three wins and eighteen losses the team members went out and kept their chins high while playing the game. It took a lot of courage to complete the season under those circumstances.



Anthony Alfano looks on as Mike Kolesiak takes possession of the ball.



Coach McDaniel points out some plays to the team during the game.

Anthony Alfano and Chris Shrewsbury run down court while the cheerleaders cheer them on.





Scott Baldauf saves the ball from going out of bounds as his team mates look on and hopes for the best.

Mark Zimmerle makes a jump shot to score points for his team and to make winning the game even closer.



The team huddles around the coach as he gives them useful information to win the game.

Freshmen Scoreboard

R. F.	40	Portage	45
	48	Lake Station	28
	51	Valpo	45
	52	Lake Station	24
	38	Griffith	58
	38	Horace Mann	61
	47	Hanover	46
	42	Hammond	37
	46	Hebron	40
	39	Hobart	31
	54	Washington	27
	44	Griffith	38
	37	Hanover	47
	36	Lowell	43
	38	Wirt	52
	42	Chesterton	46

Freshmen/JV Boys Basketball

The Freshmen basketball team finished with nine wins against seven losses. During the season, the Ingots won the Valparaiso tournament for the first time, and finished second at the Griffith tourney. Scoring leaders were John Gutierrez at 15 points per game, Mark Zimmerle was the only freshman who played Varsity; he also lettered.

The season finished with 8 wins against 12 losses for the JV basketball team. Rich Peluyera had a great season with a 9.8 point average. Dan Filla and Keith Jackson weren't far behind. Keith, with the highest 3 point average said he had a good season. Everyone agrees next year they will have a much better season and win a lot more games.



Players Interviews

Keith Jackson /JV

Q: Which player do you admire the most?

A: Dan Filla, he always tried to spread the points and get everyone involved and psyched up.

Q: Which game do you admire the most?

A: Lake Station

Q: Do you feel you tried your hardest?

A: Yes, I always try my hardest.

Johnny Gutierrez

Q: How was the full season?

A: I felt we did fine but we could have done a lot better.

Q: How would you say the team worked together?

A: We worked together fine; it was easier because we're all best friends.

Q: Do you feel the team reached the full potential?

A: No, because we're a lot better now that the season is over.

Dan Filla

Q: Which game was most memorable?

A: Hanover Central.

Q: Do you feel the coaches did a good job?

A: Yes, it should show this season.

Q: Did you do as good as you expected?

A: As a team, no. As an individual, yes I did fine.

"Come watch me dunk"

Junior Varsity Scoreboard

R. F.	40	Portage	45
	48	Lake Station	28
	51	Valpo	45
	52	Lake Station	24
	38	Griffith	58
	38	Horace Mann	61
	47	Hanover	46
	42	Hammond Clark	37
	46	Hebron	40
	39	Hobart	31
	54	Washington	27
	44	Griffith	38
	37	Hanover	47
	36	Lowell	43
	38	Wirt	52
	42	Chesterton	46

Keith Jackson goes for the steal against his opponent during a JV game against Boone Grove.

Mark Aghakhan shoots for two as Keith gets ready for the rebound.



LADY INGOTS

THE LADY INGOTS FINISHED THE SEASON WINLESS. THIS YEAR THEY HAD A TEAM WITH A LOT OF POTENTIAL THAT NEEDED TO BE DEVELOPED. THEY SHOWED A LOT OF EFFORT TO WIN. BUT LOSING SO MANY GAMES CONTINUOUSLY GETS PRETTY FRUSTRATING.

THEY HAD A GREAT COACH WHO WAS DETERMINED TO BRING THE LADY INGOTS TO A VICTORY. IT TAKES EVERYONE WORKING TOGETHER TO BE SUCCESSFUL. HOPEFULLY IN THE YEARS TO COME THESE LADIES WILL WORK HARDER TO BREAK THE LOSING STREAK.

THE TEAM NEEDS TO CONTINUE WORKING ON THE BASICS SUCH AS PASSING AND DRIBBLING THE BALL, SAID COACH MUHA WHO ADDED THAT IF THE TEAM WOULD PERFORM IN A GAME JUST LIKE IN PRACTICE, THE GIRLS COULD WIN A FEW GAMES AND FINISH THE SEASON STRONG.

MR. MUHA HAS BEEN COACHING GIRLS BASKETBALL FOR A COUPLE OF YEARS NOW. HE ALSO COACHED FOR THE JUNIOR HIGH AND FOR THE LAKE STATION YOUTH BASKETBALL PROGRAMS.



VICKY MUHA SHOTS FOR "2" WHILE HER OPPONENT GOES UP TO BLOCK. VICKY HAS A GREAT ATTITUDE AND SOME GREAT ABILITY. BY THE TIME SHE'S A SENIOR WE THINK SHE'LL BE THE MOST VALUABLE PLAYER.



BRIDGET JANES PULLS UP FOR A JUMPER AND PUTS TWO MORE POINTS ON THE BOARD. BRIDGET WAS DETERMINED TO WIN AND NOT BEING ABLE TO DIDN'T STOP HER FROM BECOMING A GOOD BASKETBALL PLAYER.

WHEELER
MICHIGAN CITY ROGERS
WASHINGTON TWP.
NORTH NEWTON
HEBRON

L
L
L
L
L

LAKE STATION
MORGAN TWP.
HANOVER CENTRAL
LOWELL
NORTH JUDSON

L
L
L
L
L

KANKAKEE VALLEY

L

NORTH NEWTON TOURNEY

L

ANDREAN

L

RENSSELAER

L

WHEELER

L

SECTIONAL TOURNEY

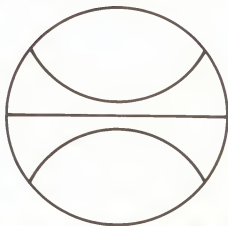
L



THE LADY INGOTS STAND BY, WAITING FOR A REBOUND OR A PASS TO COME THEIR WAY. THE TEAM WORKS TOGETHER VERY HARD.

GINA SORIA TRIES HARD TO MAKE THE DIFFICULT SHOT, WHILE FOUR DEFENDERS TRY TO STOP HER SHOT.

J. H. BASKETBALL



On the court the 7th grade girl's basketball team has been dominant. They average forty-one points to their opponents' twelve, said Coach Uhles. As of this writing, the team has been having a great season with a record of five wins and no

losses.

The girls are lead by Angela Alfano and Felicia Fischer, said Coach Uhles. Angela leads the team in scoring, rebounding and assists per game.

The teams' good points are its team play and its high skill level.



Heather Hopper going down court while number 10 from Hobart is guarding her.



Heather Hopper makes a pass to Angela Alfano while teammate Patty Alvarado

assists her. Number 10 from Hobart is guarding her.

There are no team pictures for our girl's basketball. But here are the names for them Marisol, Sudry, Chrissy W., Marisa M., Chrissy M., Gina C., Cami B., Stacey, Elizabeth, Elaine, Christina M. That is the 8TH grade team. Here is the 7TH grade team Beth, Felicia, Mandy, Angela, Patty, Michele, Bunny, Franice, Heather, April, and Veronica.



NOT
ONLY
THE
GIRLS
ARE HOT
BUT THE
TEAM IS
TOO.

There are no pictures for this year's boys basketball team. But here are the names of the 7 TH grade team. Vince Rosado, Paul Escabalzeta, Alex Mosqueda, Jason Heath, Eddie Otero, Stephen Jansen, Trey Gillian. 8 TH Grade team Jake Lewis, Chris Neyhart, Jay Flores, Ricky Mosqueda, David Cox, Bobby Pedroza, Ricky Somers, James Long, Joe Piunti, Randy DeYoung, Gerardo Verduzco, Russ Torres



Gina Canto waiting for Chry Walker and Merna Munes rebounding a free throw

Chry Walker going down court while number 12 from Hobart guards.

Gina Canto waiting for Chry Walker and Merna Munes rebounding a free throw.

V A R S I T Y



!!CHEERLEADERS!!

GO FIGHT WIN



Stacey Handley
Cathy Craigen



#1 INGOT

The J. V. and Varsity cheerleaders worked very hard this season, especially during the football and basketball games. They gave a big help in supporting the two teams to a big victory. They make up a big part of the game because they get the audience and team pepped up for a big win.

This year the Varsity squad will be losing three senior "RAH RAH" girls, Cathy Sywedo, Yvonne Bonilla, and Sherry Daniel, who are a super addition to the squad. Next year River Forest plans to have many girls try out for their places.

S P I R I T



Heather Walters



Stacey Bogden

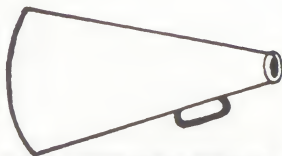


Jennifer Henson

1 !!!!!SENIOR!!!!



SHERRY DANIEL



YVONNE BONILLA



CATHY SZWEDO

C
H
E
E
R
L
E
A
D
E
R
S

WE ARE
NUMBER
ONE

FRESHMEN



GO
FIGHT
WIN



MICHELLE BALDAUF



MICHELLE TAYLOR



KRISTI CHANDLER

The freshmen cheerleaders worked hard this year to be the best they could be.

They cheered on the football team and basketball team proudly. They were an inspiration to both teams because with their support, it makes both teams proud to be INGOTS.

As a newcomer to high these "RAH RAH GIRLS" take on a lot of discipline and stress, but they are strong and able to handle any bit of pressure that was handed out their way.

These girls helped the Ingot guys to many victories, so we hope to see their INGOT SPIRIT next year trying for a spot on the J. V. or Varsity team.

Ingots are #1, and so are these outstanding freshmen cheerleaders of 1989-90.

INGOT



YOLANDA ZAMBRANA



TRACIE BAILEY

S
P
I
R
I
T

WRESTLING WRESTLING WRESTLING



Although the River Forest High School Wrestling team had a no-win season, surely in the years to come they will have better luck. A couple of the underclassmen pictured here, Tony Beuhler and Scott Garrison, could be part of that winning team, if they put their time and effort into it, as well as the other team members.

This year, the members overcame many hard and definitely sweaty practices during their season, but with a few more maybe they could have had some better meets.

According to coach Marszalek, "The team worked very hard and had a lot of potential, but it was also a young team of inexperienced wrestlers to work with."



Above L. - J. Ogden poses happily for the camera during an easy take-down. Above R. - T. Beuhler takes time out of his important meet for a snap-shot. Below R. - S. Garrison politely disagrees with the referee's comment.

Mr. Marszalek, the coach of the wrestling team, observes his players during a meet.

INGOT BASEBALL

Even though this year's season could have been better in wins, there was much improvement as the season progressed. Most of the team consisted of first year varsity players. The strong point of the team was hitting the ball. Fielding was adequate, and with fewer bases on balls the pitching could have been better. Their attitudes progressed as the season ended.

Through the cold, wet weather there were four players to make all conference: Rodney Palmer, Ed Garza, Chris Shrewsbury, and George Martin. Everybody worked hard towards improvement and did improve. The pitchers had sore arms on days, but other than that the pitching was adequate. With fewer bases on balls the pitching could have been better. The fielding was fine, and the coach was quite pleased with it. There were no major injuries, and the hard work paid off as the players improved.

During the rainy weather, Kris Balmakovich runs hard to avoid getting thrown out at first base during a home game.



Anthony Alfano is safe as the ball is being thrown to the eager opposing player

Mark Zimmerle heads back to first base when he sees the pitcher of the opposing team finish



Richard Soria tries to run back to first base as the ball is being thrown to an anxious first baseman.

INGOT GOLF



top:coach Redman, David Agnew, Joe Onda, Rich Sasa
bottom:Ray Gamble, Shane Skees,
Brian Haabyar, Kerry Melford

Dave Agnew puts the ball off the way to the hole.



Ingots try hard to scrape
up as many victories as
possible.

Kerry Melford hits the golf ball down the fairway.



1989-1990 BOYS'

!!!!TRACK!!!!

3 INGOTS GO STATE!!!

Joe Liberto High Jump Sectional CHAMP 6'6" 1990 Regional Qualifier (2nd) 6'6" 1990 Northwest Hoosier Conference CHAMP 1986-1990.

Philip Nafus broke school record for 3,200 (9.40.5) Meters. He also broke the school record for Cross Country 3.1 mile.

Reese Price broke school records for the 400 meter (49.27) and the 200 meter (23.1) dashes. Northwest Hoosier Conference CHAMP 1989-1990.

All Conference Track team 1989-1990. Sectional CHAMP 400 meter dash. Regional Qualifier. State Qualifier.

2nd Place NWAC

2nd Place Lowell relays.

The Spirit and attitude of the INGOT track team was very high and positive. We had some great abilities this year and hope that next year will be even better, because Phil Nafus will still be here and maybe some new others.

Darren Guess jumps over the hurdle with great pride and joy. Being a senior he tries his hardest to be good.



Starting from back left to right: Coach Marzolak, Erik Cisneros, Shane Skees, Dan Pelfrey, Carlton Glover, Joe Liberto, Keith Jackson, Dave Torres, Pete LaFaucia, Robert Swagert Bottom Row: Reese Price, Pete Skoubas, Phil Nafus, Mark Vargas, Bob Hock, Darren Guess



1989-1990 GIRLS'

!!!!TRACK!!!!



Starting back left to right:

Jennifer Henson, Stephanie Rife, Cathy Craigan, Tina Westmoreland, Heather Walters, Tammy Noremberg, Felisha Kinder, Tracey Bailey, Jennifer Wendrix, Melissa Duran, Michelle Baldauf. Second row: Cheryl Spanyers, Tanya McAllister, Bridget Jones. From left to right (on ground) Claudia Herrera, Kier Colon, Cristina Mills, Nikki Petroff, Sherrie Daniels, Cathy Gallegar.



Mrs. McNabb the girls track coach did an exceptionally good job this year! Despite their winless season she kept her chin high and tried even harder!



Jennifer Henson jumps the hurdles with great pride and excitement.

1989-1990



The 1989-1990 year-book staff had plenty of deadlines to meet. They had to have photos and stories written and pages sent off to the publisher. One major money raiser was selling ads. Each student had to spend time running from business to business in order to get advertisements. They did this by having student drivers cart the other staff around. In other words selling ads was a major deadline they had to meet.



What a frog! Ingot students perform a dissection in Biology class.

Juan D'Angelo and Kier Colon share a special moment together at the junior senior prom.



Carol Gibbs is crowned Miss Ingot Spirit at the basketball homecoming.

OUR YEAR A



Charity Thompson shows off her dress and fan at the 1990 prom. How beautiful!

P. J. Nofus finishes a race with great time Wow!



Graduation is a special moment and our Ingots have finally made it.

Our Biology Department shows success with these students and their frogs



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the 1990s, the number of people in the UK who are aged 65 and over has increased from 10.5 million to 12.5 million, and the number of people aged 75 and over has increased from 4.5 million to 6.5 million (Office of National Statistics 2000). The number of people aged 65 and over is projected to increase to 15.5 million by 2020, and the number of people aged 75 and over to 8.5 million (Office of National Statistics 2000). The increase in the number of people aged 65 and over is expected to be due to a combination of factors, including a decline in the birth rate, a decline in the death rate, and a decline in the rate of emigration.

The increase in the number of people aged 65 and over is expected to have a significant impact on the UK's health and social care system. The number of people aged 65 and over who are in need of health and social care services is expected to increase significantly in the coming years. This is due to a number of factors, including the fact that older people are more likely to have chronic health conditions, and the fact that older people are more likely to need help with everyday tasks. The increase in the number of people aged 65 and over is also expected to have a significant impact on the UK's economy. The number of people aged 65 and over who are in the workforce is expected to decline significantly in the coming years, which will lead to a shortage of workers in many sectors.

The increase in the number of people aged 65 and over is also expected to have a significant impact on the UK's housing market. The number of people aged 65 and over who own their own home is expected to decline significantly in the coming years, which will lead to a shortage of homes for older people. This is due to a number of factors, including the fact that older people are more likely to have a lower income, and the fact that older people are more likely to need help with everyday tasks. The increase in the number of people aged 65 and over is also expected to have a significant impact on the UK's transport system. The number of people aged 65 and over who are using public transport is expected to increase significantly in the coming years, which will lead to a need for more public transport services.

The increase in the number of people aged 65 and over is also expected to have a significant impact on the UK's education system. The number of people aged 65 and over who are in education is expected to increase significantly in the coming years, which will lead to a need for more educational services for older people. This is due to a number of factors, including the fact that older people are more likely to have a lower income, and the fact that older people are more likely to need help with everyday tasks. The increase in the number of people aged 65 and over is also expected to have a significant impact on the UK's labour market. The number of people aged 65 and over who are in the labour market is expected to decline significantly in the coming years, which will lead to a shortage of workers in many sectors.

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the 1990s, the number of people in the UK who are aged 65 and over has increased by 1.5 million, and the number of people aged 75 and over has increased by 1 million (Office of National Statistics 1999).

There is a growing awareness of the need to address the needs of older people in the community. The Department of Health (1999) has published a strategy for older people, which sets out the government's commitment to older people and the actions that will be taken to improve their lives. The strategy is based on the following principles:

- Older people should be able to live independently and actively in the community.
- Older people should be able to access the services and facilities they need.
- Older people should be able to participate in the decisions that affect their lives.
- Older people should be able to live in a safe and secure environment.

The strategy also sets out a number of specific actions that will be taken to improve the lives of older people, including:

- Improving the quality of care in residential care homes.
- Improving the quality of care in the community.
- Improving the quality of care in hospitals.
- Improving the quality of care in care homes.

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